

shiatsu massage school of california

加州按摩学校

A Place for Holistic Medicine & Personal Growth

整体医学及个人成长的地方

A Non-Profit Organization for Body Healing Education

身体康复教育的非营利组织

SMSC is approved by **BPPE** and a **CEU** provider for **CAMTC** certification

加州按摩学院是BPPE批准的教育机构，同时为加州按摩治疗局的执照提供继续教育学分。

Shiatsu-Anma is a way to give infinite power of life. Shiatsu-Anma is a way to appreciate the boundless benefits we have received from our God. Shiatsu is a way to discipline our virtue and mercy. Thus, it is possible to change our negative karma to a positive one.

We sincerely pray for the earliest realization of World Peace and Happiness through the gohozon's bestowal of equal benefits upon the universe and the world.

—Fifth prayer of Nichiren Shoshu

指压按摩是一种让生命获得无穷力量的方法；指压-按摩是一种从神那里得到无限源泉的途径；指压是一种学科的美德和慈悲的方式。因此，它有可能将我们负面的因缘转变为正面的因缘。

我们真诚祈祷通过本尊赐予全世界的平等惠泽，尽早实现世界的和平与幸福。

——日莲正宗第五祷文

The journey of a thousand miles starts beneath your feet. 千里之行，始于足下。

— I Ching 老子《道德经》

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Like Water Which Flows

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Mission Statement 宗旨

“Our goal is to encourage universal love and peace through integrated, holistic therapeutic methods of the Eastern and Western healing arts including science, meditation, breathing, and spiritual awareness.”

“我们的目标是通过整体、全面的治疗方法，结合东、西方治疗艺术，包括科学，冥想，呼吸和精神意识，来鼓励普爱与和平”

In our school we teach Shiatsu, a technique based on Anma massage therapy. Anma massage therapy concentrates on Chi flow management (Qi or Ki in Japanese). This energy flows through the fourteen meridians (channels) and Tsubo (vital points) in the body. During Shiatsu-Anma massage training, our students learn to alleviate Chi stagnation by identifying and applying massage along the meridians and on the vital points. Through Shiatsu-Anma techniques, exercises and stretches, our students learn how to treat many maladies and stresses of modern life.

我们学校按摩治疗的基础上教授指压技术。按摩治疗着重于对“气”的掌控（日文中为“气”）。这种气是一种能量，它流经人体十四经络和穴位。在指压按摩培训中，学生学习通过识别和按摩经络穴位来减轻气的停滞。通过指压按摩技巧，锻炼，与伸展，学习如何治疗处理现代生活中的许多疾病和压力。

We do not teach a superficial “touch” massage, and, since we do not use oil in our massage practice, nudity is not required or included in our work. Our graduates are specialists who have been professionally trained in how to prescribe the Tsubo, (similar to acupuncture, but without needles), according to clients’ needs. Experience the compassionate world of healing arts in our comfortable classrooms. Our mission is to provide excellent educators and practitioners of holistic massage and integrated medicine. Shiatsu-Anma massage brings fresh enthusiasm for life by nourishing the electromagnetic fields that integrate mind, body and spirit.

我们不教授粗浅的“触摸”式按摩。同时，因为我们在实际操作中不使用按摩油，所以不要求裸露。我们的毕业生是受职业训练而精通依客人的需要运用穴位治疗（不用针的针灸）的专家。到我们舒适的教室中体验康复艺术的和睦世界。我们的宗旨是提供按摩和综合医学方面优秀的教师与从业人员。指压按摩通过滋养身心合一的电磁场带来全新的生活热情。

Our experienced staff is committed to helping our students create a better quality of life for themselves and their clients. In our program, you will find unlimited space and time to cultivate professional holistic care skills. We look forward to working with you and to help you establish a massage practice of your own.

我们经验丰富的教师致力于帮助我们的学生为自己和他们的客户创造更好的生活品质。在我们的课程中，你会发现无限的空间和时间来培养专业的综合护理技能。我们期待着与你一起努力，帮你建立一个属于自己的按摩业务。

DoAnn T. Kaneko, L.Ac., O.M.D., Ph.D.

金子道庵，加州注册针灸师，东方医学医生，博士。

About Shiatsu-Anma Massage Origins and Contemporary Practice

指压按摩的起源和当代实践

Therapeutic Anma Healing Arts reached Japan from China over 2000 years ago. Augmented and updated by Japanese Shiatsu therapy to the present day, it is a synthesis that operates according to concepts of self-healing embodied in the Chinese art of Doin, also known as Chi Gong.

治疗性的按摩康复艺术2000多年前从中国传到日本，被日本指压疗法发扬光大至今。它是根据中国导引（即气功）艺术所包含的自我康复理念来操作的综合体。

Massage therapy, as well as acupuncture, moxibustion, diet, exercise, and herbal therapy heal the body naturally. Eastern medicine, such as Shiatsu-Anma, work to enhance the body's healing power. It has no significant side effects compared with modern drug remedies and the surgically invasive techniques of Western medicine.

按摩疗法如同针刺，艾灸，饮食，运动和草药治疗，都是使身体自然康复。东方医学，如指压按摩，是调动自身的愈合能力。它同现代药物治疗和西医外科手术技术相比，没有明显的副作用。

Western science successfully addresses many questions of illness, but is often reactive, expensive, and disregards numerous aspects of the body's natural healing processes. Holistic care is grounded in the Eastern principle of integrating body, mind, spirit, and environment. It is believed that psychological imbalances engender physiological complaints, hence the art of healing is considered a form of communication and not simply the applications of techniques. These ideas form the guiding spirit of Eastern medicine.

西方科学成功地解答了与疾病相关的许多问题，但往往是被动反应性的，价格昂贵，而且漠视身体自然愈合过程的许多方面。整体护理的基础是身，心，精神和环境融为一体的东方理念。这种理念认为心理失衡导致身体不适。康复艺术被认为是一种交流方式，而不是单纯的技术的应用。这些思想形成了东方医学的指导精神。

DoAnn T. Kaneko has developed one of the simplest, yet effective, forms of continuing these healing arts while carrying his family's traditional practice of Anma Massage and Meridian Massage. He developed "Short Form" a contemporary Shiatsu massage (based on Dr. Serizawa's definition of Shiatsu) and "Long Form," a three basic posture technique.

金子道庵将祖传的经络按摩衍生为简单有效的康复艺术。他开发出了“短程”当代指压按摩（以芹泽医生的指压定义为基础）和“长程”的三个基本姿势技巧。

(Serizawa Sensei is a well-known authority on Oriental Medicine in Japan. He has published many books on Acupuncture, Moxibustion, and Shiatsu-Anma.)

（芹泽先生是在日本东方医学界的知名权威。他发表了很多有关针灸和指压按摩的书籍。）

Founding of the Shiatsu Massage School of California

加州按摩学院的建立

In 1976, after many years training in the healing arts, DoAnn Kaneko taught Shiatsu-Anma workshops to international students in Tokyo, Japan. After three years of practice, he brought his philosophy and holistic healing clinic to America, opening the Tao Healing Arts Center in Soho, New York. His workshops combine Japanese bodywork—Shiatsu—with traditional Chinese healing arts—Anma.

1976年，经过多年的康复艺术的训练，金子道庵开始在日本东京为国际学生开办 指压按摩讲习班。经过三年的实践，他将他的哲学和整体治疗诊所带到美国，在纽约苏豪区开办了“道康复艺术中心”。他的讲习班结合了日本指压与中国传统康复艺术——按摩。

As residents of the West Coast expanded their interest in alternative medicines, Dr. Kaneko moved west and developed the Shiatsu Massage School of California in Santa Monica. Dr. Kaneko located the school in Santa Monica knowing its restful ocean breeze and sunsets would facilitate natural healing. Santa Monica's health conscious population provides an encouraging atmosphere for our students seeking to improve their lives and the lives of others through massage and holistic healing. The school initiated its 500-hour total curriculum in 1986. The International Naturalization Service has also certified the school to teach international students under the I-20 Student Visa Program.

鉴于西海岸居民对替代医疗的兴趣日益增加，金子医生搬到了美国西海岸，在加利福尼亚州的圣塔莫妮卡开办了加州指压按摩学院。金子医生选在圣塔莫妮卡建校，因为他深知，宁静的海风和日落的美景将有助于自然康复。健康意识强烈的圣塔莫妮卡居民提供了一个鼓励学生通过按摩和整体康复寻求改善生活有利氛围。学校于1986年创立了500小时的总课程。国际入籍服务也证明我校，在I-20学生签证的学习课程，教育了许多国际学生。

Philosophical Framework

哲学框架

Shiatsu, a form of acupressure, has its foundation in a traditional Chinese massage technique called Anma-Doin. Based on the principles of Yin and Yang and the Five Elements, it works on a structure of meridians and 365 vital points that govern and balance the flow of energy, or life force, throughout the human body.

指压，作为指压疗法的的形式之一，有其传统的中医按摩技导引术基础。它以阴阳五行原则为基础，作用于管理和平衡人体能量流动和生命力的经络结构和365个穴位。

The Shiatsu Massage School of California teaches both traditional Anma massage and modern scientific Shiatsu therapy. We are a healing arts center guided by the Chinese art of self-healing called Doin. At our school, modern Shiatsu is taught in Short Form and Long Form. Short Form is a thirty-minute session, in which pressure and manipulative correction in three postures (kyosei-ho), focusing on the abdomen and along the spine to balance the sympathetic and parasympathetic nervous systems.

加州按摩学校教授传统按摩和现代的科学指压治疗。我校是在中国自我康复理念“导引”指导下的康复艺术中心，讲授现代指压的长式与短式。短式为30分钟的按摩，三个基本姿势，重点放在腹部与脊柱，平衡交感神经和副交感神经系统。

Traditional Anma, is taught in Long Form which is applying techniques of soothing, kneading, pressing, vibrating, exercising, correcting, shaking, semi-tapping (kyokude) and tapping. These techniques heighten one's own natural healing ability by balancing the energy flow and life force throughout the body. Applied to about one-third of the 365 vital points of the body, this form takes approximately one hour to perform.

传统按摩以长程方式教学，包含舒缓、揉、压、振动、运动、矫正、震动、半拍打和拍打等技术。这些技术促进平衡机体的能量流动与机体生命动力以提高自然愈合的能力。长式运用约全身365个穴位的三分之一进行约一小时。

Both the Short Forms and Long Forms work to relieve stiffness, aches, discomfort, psychosomatic troubles caused by stress, sports injuries, occupational injuries, auto injuries, and imbalances of various internal organs by improving circulation and regulating the metabolic and autonomic nervous systems.

短式与长式目的都在于通过改善血液循环及调节新陈代谢和自主神经系统的功能来减轻由压力、运动伤害、工伤、车祸及各种内脏器官的不平衡造成的僵硬、疼痛、不适等身心问题。

Enrich your life by becoming a professional in holistic health care. Classes are relaxing and practical, and attended by a variety of professionals and nonprofessionals. Our programs are developed to support and fulfill your goals.

丰富你的人生，从成为一个综合康复的专业人才开始吧。我校课程轻松实用，而且有多种不同的专业人员和 非专业人员参加本校。我们的计划是全力帮助学生实现目标。

Prevent trouble before it arises 上工治未病

Put things in order before trouble exists 防患于未然

—I Ching 《易经》

Diploma & Certificate Programs

文凭证书课程

During its history, SMSC has graduated thousands of well-trained Shiatsu-Anma practitioners for the massage industry. Many of them now have their own private practices and see clients part- and full-time. Also, a number of practitioners work for chiropractors, acupuncturists, spas, gyms, corporations, beauty salons, and other established businesses—even our clinic! Some of our graduates work only on their families and friends.

建校以来，加州按摩学院已毕业数千名训练有素的按摩师。很多毕业生已拥有他们自己的事业。还有一些就业于整脊诊所，中医针灸诊所，温泉，健身房，美容中心及其他的行业，甚至我们学院的诊所。

Every student in the class finds their own personal growth for their individual lives after our training. Massage in general has gained a wider recognition among the American public in the last three decades. Anma therapy has been practiced successfully in China, Japan, and Korea for more than 2,000 years. Our school provides versatile programs in the field of oriental bodywork from simple individual classes for personal growth to an extensive curriculum for professionals. Classes are available weekdays, weeknights and weekends. We have up to 500 hours available within the curriculum.

每位学生在经训练后都发现，取得自我成长。从总体上看，过去的三十年间按摩在美国公众间已获得广范的认同。按摩疗法已在中国，日本和韩国成功实践超过两千年。在东方人体按摩领域，本学院提供从单个培训到广泛专业的多种课程。

Shiatsu Massage School of California is a private non-profit school approved by the Bureau for Private Postsecondary Education and is a CEU provider for California Massage Therapy Council certification

加州按摩学院是加州私立教育局批准的一个非营利性私立学校，并且提供加州按摩委员会认可证书的学分。

Certification Course: Shiatsu-Anma Therapy

Shiatsu-Anma Technician: 104 hours

This course is a short version of the Diploma A course without Pain and Orthopedic Evaluation (24 hours) and Clinical Study (22 hours).

证书课程：指压按摩疗法

指压按摩师 104 学时

本课程是一个简短式的文凭证书A，没有骨科疼痛评估 (24小时) 和临床学课程 (22小时)。

Certification Course Curriculum

课程设置

Shiatsu-Anma Practice (Technique & Practice) 48 hours

Demonstration and practice of whole body massage in sequence of two forms: Long Form and Short Form.

指压按摩实践 (技巧和练习) 48 学时

按先后次序来示范"长式"和"短式"的全身的按摩。

Shiatsu-Anma Theory (Vital Point Locations and Indications) 12 hours

Definition, history, principles, preparation of practice, contraindications & precautions.

指压按摩理论 (穴位和适应症) 12 学时

定义，原理历史，准备工作，禁忌和预防措施。

Traditional Chinese Medicine (TCM) 12 hours

Overview, cosmology, characteristics, Yin and Yang, fundamental substance of the organism, Five Elements, Vital Points, oriental anatomy and physiology.

传统中医(TCM) 12学时

概论，宇宙学，特征，阴阳，机体基本物质，五行，穴位学，东方解剖和生理学。

Anatomy & Physiology 12 hours

Basics of anatomy & physiology for beginners.

解剖和生理学 12学时

初级解剖和生理学基础。

CPR & First Aid 8 hours

Signs and symptoms of heart attack. Risks and prevention of heart disease. One-person cardiopulmonary resuscitation. Taught by certified Red Cross instructors.

心肺复苏术和急救 8学时

心肌梗塞发作的体征和症状，心脏病的危险和预防，单人操作心肺复苏。由红十字会认证师指导教学。

Anma-Doin (Self Healing Art) 6 hours

Traditional Chinese breathing, meditation, self-massage, therapeutic exercise and prayers.

按摩导引(自我保健的技巧) 6学时

传统中式运气，冥想，自我按摩，治疗训练和祈祷。

Ethics, Legal and Business Issues 6 hours

Hygiene, ethics and legal issues & common business concerns including licensing.

道德规范，法律和营业课题 6学时

卫生，道德规范及法律课题，常见的商业运营问题包括如何取得工作执照。

TOTAL = 104 HOURS

总计 104学时

Suggested Texts 建议教科书:

“Shiatsu Anma Therapy” by Dr. DoAnn T. Kaneko

“Netter’s Atlas of Anatomy” by Dr. Frank Netter

Foundation Course

Diploma A: Shiatsu-Anma Therapy

Shiatsu-Anma Practitioner 150 hours

基本课程

文凭证书 A：指压按摩疗法

指压按摩师 150 学时

Consists of 150 hours taught either as a four-month program or as an Intensive program that lasts five weeks. If a student delays scheduling the required Intern Clinic hours, the total time required can be longer. Diploma A teaches a comprehensive understanding of the healing arts and Shiatsu-Anma practice through “Short Form” and “Long Form.”

150学时,教学4个月或者至少持续五个星期的密集课程。假如学生延误,实习临床课程所需时间,那总需要时间可能会更长。 文凭证书 A系统教授康复保健艺术的理论及"长式"和"短式"两种指压按摩的技巧

Diploma A Curriculum

文凭证书 A 课程设置

Shiatsu-Anma Practice (Technique & Practice) 48 hours

Demonstration and practice of whole body massage in the sequence of two forms: Long Form (60 minutes) and Short Form (30 minutes).

指压按摩实践 (技巧和练习) 48 学时

按先后次序来示范"长式"六十分钟和"短式"三十分钟的全身的按摩。

Shiatsu-Anma Theory (Vital Point Locations and Indications) 12 hours

Definition, history, principles, preparation of practice, contraindications & precautions.

指压按摩理论 (穴位和适应症) 12 学时

定义, 原理历史, 准备工作, 禁忌和预防措施。

Traditional Chinese Medicine (TCM) 12 hours

Overview, cosmology, characteristics, Yin and Yang, fundamental substance of the organism, Five Elements, Vital Points, oriental anatomy and physiology.

传统中医(TCM) 12学时

概论, 宇宙学, 特征, 阴阳, 机体基本物质, 五行, 穴位学, 东方解剖和生理学。

Anatomy & Physiology 12 hours

Basics of anatomy & physiology for beginners.

解剖和生理学 12学时

初级解剖和生理学基础。

CPR & First Aid 8 hours

Signs and symptoms of heart attack. Risks and prevention of heart disease. One-person cardiopulmonary resuscitation. Taught by certified Red Cross instructors.

心肺复苏术和急救 8学时

心肌梗塞发作的体征和症状，心脏病的危险和预防，单人操作心肺复苏。由红十字会认证师指导教学。

Anma-Doin (Self Healing Art) 6 hours

Traditional Chinese breathing, meditation, self-massage, therapeutic exercise and prayers.

按摩导引(自我保健的技巧) 6学时

传统中式运气，冥想，自我按摩，治疗训练和祈祷。

Ethics, Legal and Business Issues 6 hours

Hygiene, ethics and legal issues & common business concerns including licensing.

道德规范，法律和营业课题 6学时

卫生，道德规范及法律课题，常见的商业运营问题包括如何取得工作执照。

Pain and Orthopedic Evaluation 24 hours

Western scientific method to treat pain due to sports and occupational injuries and conditions.

骨科疼痛评估 24学时

西医处治运动伤害与工伤。

Introduction to Clinical Study 2 hours

临床学课程简介 2学时

Clinical Study 20 hours

The Practice of Shiatsu massage techniques you have learned on clients under the supervision of the clinic supervisor. (5 four-hour Intern Clinic shifts)

临床学 20学时

在诊所主管监督下临床服务顾客练习所学指压按摩技巧。

TOTAL = 150 HOURS

总计 150学时

Suggested Texts 建议教科书:

“Shiatsu Anma Therapy” by Dr. DoAnn T. Kaneko

“Netter’s Atlas of Anatomy” by Dr. Frank Netter

Diploma B: Shiatsu-Anma Therapy

Shiatsu-Anma Therapist (150 hours) • Prerequisite: Diploma A Course

文凭证书 B: 指压按摩疗法

指压按摩治疗师 150 学时 前提: 完成学位证书 B

Consists of 150 hours taught either as a four-month program or as an Intensive program that lasts five weeks. If a student delays scheduling the required Intern Clinic hours, the total time required can be longer. It provides in-depth understanding of theoretical background in Traditional Chinese Medicine and modern Anatomy and Physiology, as well as skills and intermediate techniques of Shiatsu-Anma therapy.

150学时，教学4个月或者至少持续五个星期的密集课程。假如学生延误,实习临床课程所需时间，那总需要时间可能会更长。深入了解中医学和现代解剖生理学的理论背景以及中级指压按摩技巧技术。

The completion of 300 hours (programs A and B) enables you to apply for California state licensure as Certified Massage Practitioner (CMP). Please consult school staff for related information.

完成300小时(课程A和B)者有资格申请加州按摩师执照 (CMP)。学校提供有关信息与协助。

Diploma B Curriculum

文凭证书 B 课程设置

Shiatsu-Anma Practice B 32 hours

Demonstration and practice Shiatsu techniques, pressure therapy and Anma in side posture and sitting position.

指压按摩实践 B 32 学时

侧姿与坐姿的指压按摩技术及压力疗法的示范与练习。

Shiatsu-Anma Theory B 8 hours

Mechanism, physical effect, philosophical background. Characteristics of Shiatsu-Anma healing program, how to take effective cases & medical history.

机理与效应，哲学背景，指压按摩疗程的特点，如何收集有效的病历病史。

Traditional Chinese Medicine (TCM) B 32 hours

Zang Fu (internal organs) Theory, Etiology of TCM, Symptomatology of TCM.

传统中医(TCM) B 32学时

脏腑(内部器官)理论，中医病因学，中医症状学。

Anatomy & Physiology B 32 hours

In depth study of the integumentary, digestive, neurological systems. Study of structure and function of the muscular system including origin and insertion.

解剖与生理学 B 32学时

深入学习外皮，消化，神经与肌肉系统的结构功能和肌肉起止点。

Pain and Orthopedic Evaluation B 24 hours

(or the option to participate in additional clinical study)

Specifics of neurological dysfunction as it relates to spinal anatomy and musculoskeletal symptomatology.

骨科疼痛评估 24学时

与脊解剖与肌肉骨骼解剖有关的神经性机能障碍。

Clinical Study B 22 hours

The Practice of Shiatsu massage techniques; Long Form , Short Form or side posture with modification on clients under the supervision of the clinic supervisor.

临床学 22学时

在诊所主管监督下临床服务顾客练习长式、短式及侧姿指压按摩技巧及其适当修正。

Or instead of Pain and Orthopedic Evaluation B + Clinical Study B:

或替代骨科疼痛评估B +临床学B :

Additional Clinical Study B 46 hours

Practicing of Long Form, Short Form or side posture with modification on clients under the supervision of the clinic supervisor.

临床学 B 46学时

在诊所主管监督下临床服务顾客练习长式，短式及侧姿指压按摩技巧及其适当修正。

TOTAL = 150 HOURS

总计 150学时

Diploma C: Shiatsu-Anma Therapy

Shiatsu-Anma Specialist (200 hours) • Prerequisite: Diploma A & B

Diploma C consist of 200 hours of advanced techniques and therapies. Clinical study focuses on Traditional Chinese Medicine-driven evaluation and specific applications of the Shiatsu-Anma treatments. Students expand their knowledge of Shiatsu-Anma with confidence born of experience, and practice treating individual clients. Weekend workshops serve as Diploma C electives.

文凭证书 C: 指压按摩疗法

指压按摩专业治疗师 200 学时 前提: 完成学位证书 A 与 B

证书C是200学时的高级课程。诊疗课程注重以中医为指导的评估与具体的指压按摩治疗实践。学生通过实践扩充指压按摩的知识，并通过实践学习如何处理顾客的病症。周末讲习班为证书C的选修课。

Diploma C Curriculum

证书C课程设置

Shiatsu-Anma Practice C 40 hours

Long and Short Form mastered, students now learn Shiatsu-Anma for common complaints, using methods of evaluation from TCM, eight principles, Anma therapy, pulse, tongue and abdominal evaluation, and applying Vital Points Formula for lower back ache, neck & shoulder complaints, psychological complaints, indigestion, and suppressed immune syndrome. Advanced Anma techniques are taught utilizing Knee and Elbow, and Ampuku therapy.

指压按摩实践 C 40 学时

掌握长式与短式后，学生学习常见病的指压按摩治疗，并运用中医评估。其中包括八纲，按摩治疗，脉诊，舌诊，腹诊，及穴位治疗腰痛，颈肩不适，精神不佳，消化不良，与免疫下降。高阶按摩技术教授肘，膝，及腹部按摩。

Shiatsu-Anma Theory C 24 hours

Principles that guide the application of Shiatsu-Anma techniques of common complaints and theoretical background behind Shiatsu-Anma practice C. Subjects of common complaints are the same as in Shiatsu-Anma Practice C

指压按摩理论 B 24 学时

指压按摩技术实践的指导原则与理论背景。常见病方面与按摩实践C同。

Traditional Chinese Medicine (TCM) C 32 hours

Evaluation of TCM through four methods including pulse reading and tongue inspecting; Application of TCM for most common complaints.

传统中医(TCM) B 32学时

包括望诊与舌诊的中医评估。中医的常见病应用。

Anatomy & Physiology C 32 hours

Respiratory, cardiovascular, lymphatic, urinary and reproductive, endocrine system, pathology and symptomatology.

解剖与生理学 B 32学时

呼吸，心血管，淋巴，泌尿与生殖，内分泌系统，病理与症状学。

Myofascial Meridians 32 hours

An experiential study of the anatomy and theory behind the 6 myofascial meridians, as defined by Thomas Myers.

肌筋膜经络 32 学时

Thomas Myers 提出的一种试验性学说。介绍6个肌筋膜经络的解剖理论。

Gentle Japanese Acupressure 16 hours

This gentle form of Japanese acupressure works with organ meridians and the extremely powerful eight extra channels.

轻度日式指压 16 学时

轻度日式指压作用于脏经与奇经八脉。

Clinical Study C 24 hours

Assessing and practicing Shiatsu-Anma on the clients. Clients pay low cost fee and students practice under the supervision of the clinic supervisor.

临床学 24学时

指压按摩练习。顾客付低额费用。学生在教师监督下练习。

TOTAL = 200 HOURS

总计 200学时

Suggested Text 建议教科书:

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists by Thomas Meyers

The Complete Book of Shiatsu Therapy by Toru Namikoshi

Admission Requirements

申请入学要求

1. In order to enroll in our Diploma Programs, Certification Course, and our workshops, prospective student must be at least 18 years of age and must have a high school degree or equivalent degree, legally reside in the U.S. and be physically fit enough to perform massage. We require copies of all documents proving the requirements above along with a passport photo, a Medical History form, two completed Fact Sheet forms and two copies of the Enrollment Agreement.

18岁以上。高中以上学历。合法居住美国。健康。需提供证件于照片。

2. Before enrolling, we recommend you attend one of our free Sunday Morning Orientations. These are usually held on the first Sunday of the month from 10 a.m. - 12:00 p.m. Please contact the school to confirm upcoming orientations. During the two-hour presentation, you visit the school, meet the director, speak with some of our staff and have an opportunity to hear about our programs and techniques. Our staff is available to answer any questions that you have regarding our massage courses. In addition, some advanced students may be present to give complimentary Shiatsu massages and also answer any questions you may have about the training that they have received with us. This orientation gives you two extra credit hours, should you decide to enroll in our degree programs.

入学前请参加周日上午十点至十二点的免费入学指导。请联系校方确定时间。此活动为学生提供机会参观学校，见教师，了解课程，解答疑问。老学生或到场解答疑问并免费按摩。如入学，指导活动为2学时。

*. If you cannot attend a Sunday Morning Orientation, call our school administrator to arrange a personal tour. If you plan to enroll, it is a prerequisite to attend either the Orientation or a personal tour. This will ensure that you will have your questions answered and are familiar with our curriculum. The Shiatsu Massage School staff are able to assist you in choosing the classes that will best support your goals.

若无法参加周日入学指导，请联系学校安排个别访校。此为入学必需。学校保证解答有关课程的问题并帮助学生选择适当的课程。

3. To enroll, fill out the registration form and return it to us with a registration fee of \$75.00. This will guarantee your space in the course. To assist us in scheduling classes, we request that you sign up at least one month in advance. However, should space be available, we do accept registration within two weeks of the beginning the class. New students start with the Certification Course or Diploma A and may continue on to Diploma B and Diploma C Programs upon completion.

学生须填写入学表格并交\$75.00注册费。请尽量于开学前一个月报名。完成一个证书的学生可自动升至高一级课程。

Heloisa da Pas Kaneko Fund and Clinic

H.D.P.K. Fund was created in 1998 to honor the memory of Heloisa's wonderful contributions to the Shiatsu Massage School of California. Dr. Kaneko and Mrs. Kaneko worked hard to establish a 500-hour California approved curriculum and I-20 foreign student program and non-profit organization. This Fund is designed to offer financial aid to new and continuing SMSC students. However, at the moment the school has suspended the scholarship program.

H.D.P.K. Fund 是1998年为纪念Heloisa为加州按摩学院所做的杰出贡献而设立的。Dr. Kaneko 与 Mrs. Kaneko 努力设立了加州认可的500学时课程，I-20 留学生课程，与非营利机构。目前学校已中止此项目。

As a part of spirit of giving back to the community, the student intern clinic offers free massage to senior citizens one time per month, as well as a discounted one hour massage for all others. 为回馈社区，学生实习诊所每月提供年长者免费按摩及廉价按摩。

Tuition and Fees 学费

\$75 Non-Refundable Registration Fee (in addition to tuition) per contract (regardless of number of programs included in the contract). Applies to all programs.

第一次报名交\$75注册费。(不包括在学费内。不退款。)

Optional Alumni Membership: \$120 per year (\$100 if sign up for automatic annual renewal); covers all Registration Fees, transcripts, and all membership benefits; non-refundable.

自选校友会员：第一年\$120。(若登记每年自动更新则\$100)。会员费包括注册费、成绩单及所有会员福利。

Transcripts request: \$15 成绩单费：\$15

Drop in rates for classes: \$48 per credit hour. 插班学费：每学时\$48

Rescheduled exam with instructor: \$48 per hour. 考试改期：每小时\$48

Consulting services for CAMTC license: \$25 per hour. 加州按摩治疗局执照咨询费：每小时\$25

VA Escrow Fee: VA students who choose to have the school receive funds directly from the VA are required to pay, upon enrollment, an Escrow Fee in the amount equal to 25% of their total tuition, which is refundable upon completion of the program and the student's written request.

Certification Course Shiatsu-Anma Technician 104 hours 证书课程：指压按摩师 104 学时
(Beginner) Tuition (初级) 学费 \$1,248

Diploma A Shiatsu-Anma Practitioner 150 hours 文凭证书A 指压按摩师 (初级) 150学时
(Beginner) Tuition (初级) 学费 \$1,800

Diploma B Shiatsu-Anma Therapist 150 hours 文凭证书B 指压按摩师 (中级) 150学时
(Intermediate) Tuition (中级) 学费 \$1,800

Prerequisite: Diploma A Shiatsu-Anma Practitioner 150 hours

前提：文凭证书A指压按摩师 150学时

Diploma C Shiatsu-Anma Specialist 200 hours 文凭证书C 指压按摩师 (中级) 150学时
(Advanced) Tuition (高级) 学费 \$2,400

Prerequisite: Diploma B

前提：文凭证书B

Summer Short Course 24 hours 夏季短期课程 24学时

Tuition 学费 \$576

(A student's tuition may be reduced up to 50% if class size reaches 20 or more students. This option will require that all students finish their payments and not drop the class as long the terms of agreements financially and attendance won't change. If, for any reason, the number of students in the class drops below 20, the remaining enrolled students will be required to pay the difference to make-up the 50% prior to receiving their certification).

(若一班学生数量超过20名，学生的学费可减至50%。学生必须付全部学费而且不退学。如果因任何原因，如学生数量降至20名以下，剩余学生必须毕业前按原价学费交齐。)

The school does not currently have sponsored grant programs, government or otherwise, nor does it participate in federal or state financial aid programs, for tuition and fees.

本校上课地点一班容纳25人左右。学生圆满完成学业按加州法律授予证书。学生须在入学前访问学校。学校目前不提供任何学费奖助计划也不参与联邦或州的经济援助项目。

School Policies and Regulations 校规

Tuition 学费

There are two payment methods available: payment in full or monthly installments.

(1) Tuition must be paid in full before the first day of class. Or

(2) Tuition may be paid in monthly installments. The first payment is due on or before the first day of class; the remaining payments are due monthly. We will provide you with a personalized enrollment agreement detailing your payment schedule. Failure to make your payment within 7 days of the scheduled date will result in a 10% penalty fee that will be added to the amount overdue. If you fail to keep payments on time, your program may be suspended. In any case, students are legally responsible for repaying the full amount of the loan plus interest and minus the amount of any refund (see Refund Policy below).

全额付与分期付款。超过四个月的课程可分期付款。第一期款于开学前付。之后每月一日付。晚付7天以上罚当期付款额的10%。如果你未能准时支付，学校能有权勒令学生停学。在任何情况下，学生就要承担法律责任，偿还贷款的全部金额加上利息和减去应退还金额(见退款政策下)。

Rather than sign up for an entire diploma program, students are welcome to take beginner classes on an individual per class basis. The cost is the \$75.00 registration fee and \$12.00 per course hour. Please discuss your plans with the school administrator for guidance. Students may also take intermediate or advanced courses on a per-class basis, provided they have completed the beginner course in that subject and have approval from the administration. Students who have already completed a class at the Shiatsu Massage School may choose to retake the class for review. The cost is 50% of the normal fee; currently this would be \$6.00 per hour. We welcome your inquiries and look forward to supporting you in your education needs.

Note: All fees are subject to change.

签署学校的入学协议书，欢迎学生修初级辅导课。注册费\$75.00。学费每学时\$12.00。其它课程由行政职员批准也可插班选修和重修。插班重修（复习）学费为每学时\$6.00。

Cancellation, Withdrawal, and Refund Policy 退学及退款规定

The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session or the seventh class day after enrollment, whichever is later. The notice of cancellation must be in writing; otherwise, the student will remain responsible for their financial obligations. Refunds are made according to state regulations: 100 percent of the amount paid for institutional charges, less the application fee. The student may withdraw from a course after the instruction has started and still receive a "Prorated Refund" for the unused portion of tuition payment, less the registration fee. A withdrawal may be effectuated by the student's written notice or by the student's conduct, including, but not necessarily limited to, a student's lack of attendance. The date of withdrawal is considered to be the last date of actual attendance. Students who have completed 60 percent or less of the period of attendance shall receive a pro rata refund.

学生有权取消入学协议，在入学后的第二天，以较后之日期为准，经参加过第一堂课或第七堂课，可获得退款。按加州法律规定。详见入学协议。学生须以书面形式退学以获得退款：支付学费金额的100%，扣除报名费。学生可在课程开始后退学并按比例退款。注册费不退。须以书面通知退学或者学生的行为招致学生退学，包括不限于学生的缺席。退学日期为最后上课日期。已完成60%或以下的出席期间的学生，应接受按比例退款。

Progress and Grading Policy 成绩规定

In order to gain credit for the course, students need to satisfactorily pass all examinations. There are written or practical tests in all classes except Clinic. Final grades are given pass or no pass.

及格或不及格。所有的班级有书面及操作考试，除了临床实习以外。

Attendance Policy 出勤规定

Students are required to attend all scheduled classes in order to achieve the goals of their respective program. Students who are absent from class due to illness, death in the family, injury, disability, jury duty, religious observance, military training, or other circumstances beyond their control, should contact the School Administrator and/or the Executive Director of the school to arrange for make-up work for the missed classes. Obviously, due to the concentrated nature of the instruction in the school's program, regular and full class attendance is essential and necessary. If a student is absent for more than 20% of the class, they will be denied credit hours for that particular class. For each class, the attendance sheet must have the student's personal initials in order to be considered present for that class.

学生必须到校上每一堂课。因特殊情况，超出了他们的控制，不能上课必须通知校方并安排补课。出勤对于学习，毕业，与取得证书至关重要。缺课超过20%不得继续上课。学生须按规定签到。

Tardiness: Students that arrive 20 minutes (or more) late for class or leave 20 minutes (or more) before the conclusion of class will be considered tardy. Tardiness on more than 3 occasions will be considered as an absence and will require a meeting with the director or school administrator to discuss make up work. Arriving to class late or leaving before class is concluded, shows great disrespect to the instructors, classmates and to the learning environment. Students who are tardy are responsible to talk to their instructor before leaving class to confirm how many hours credit they will receive for that class. Those hours will be logged in the electronic roll book which can be checked online with the student's account at <http://u.smsconline.com>.

散漫 (迟到早退) : 迟到早退20分钟以上计为散漫。这是对老师同学和课堂的严重藐视。三次散漫纪录后计一次缺勤并须与学校主管安排补课。迟到早退的学生有责任主动在当日离校前与老师确认签到纪录与学时数。

Make-Up Classes: Make-up work is required for any missed classes and must be equivalent to the course material that was missed. Students must attend classes at the Shiatsu Massage School of California under the supervision of an instructor. Students that make up classes need to sign their name under the roster for that day's class and specify that it was a makeup class. The signed 'class make up' form must be turned in to the administrative school staff in order for credit to be given. Make-up hours are free of charge within two years of enrollment.

补课 : 学生缺课必须在本校补相关课程。学生必须填写补课表。补课完成后由补课教师签字, 交学校教务管理人员方可获得学时。

Classes are subject to video/audio recording for safety and supervision purposes.

学校可将上课实况录音录像。

Leave-of-Absence Policy 休学

A leave-of-absence is considered an approved interruption in the student's program of instruction. Students may be granted a leave-of-absence from SMSC upon satisfactory completion of the school's required procedures which, at a minimum, encompass the following:

1. Obtain and complete a leave-of-absence form, 2. Obtain written approval from the school administrator, 3. Obtain the director's signature to the above. The school discourages students from taking a leave-of-absence as this can significantly increase the length of the student's program and the likelihood of not completing the program.

休学严重影响学习进度, 经常导致不能毕业。学校通常不鼓励学生休学。但学生可通过规定程序申请。学生须获得学校主管书面同意, 交教务主任签字, 然后递交填好的休学申请表。

Course Repetitions / Incompletes and Withdrawals 重修, 中断, 与退学

Failed courses may be re-attempted with the approval of the school administrator. Students earning a grade of "Incomplete" (I), will have the opportunity to fully complete the prescribed requirements of the course and therefore, to receive a "Letter Grade" by attending make-up classes. If the classes are not made up, the student will receive an "Incomplete" on their

transcript. Any withdrawal from individual subjects or from the entire program may be accepted upon a written statement signed by the director. Students who withdraw from a course prior to its midpoint will receive an incomplete for that specific course. Any course from which a student has withdrawn prior to its normal completion may be completed at a later date with the approval of the school administrator.

学生可向学校主管申请重修不及格课程。中断未完成课程在成绩单上记为"Incomplete(I)." 学生可补修未完成课时获得新成绩。学生可申请推出某门课或全部课程。一门课程进行过半前申请退出，该门课不计学时或成绩。结课前申请退出可经学校主管批准日后补全。

Grievance Procedure 申诉程序

If a student is unable to resolve a problem with a fellow student, staff, or faculty member at SMSC, the student may make an appointment with the Director by calling the school administration.

学生入有问题无法与同学，工作人员，或教师解决，可约见校长。

Previous Education and Training 过去的教育与训练

If a student has had prior training or education at a state approved massage institute, Shiatsu school, college, acupuncture college, university, or has credit for science lecture courses, the theory of Traditional Chinese Medicine, Anatomy, Physiology, or CPR-First Aid within the two (2) prior years, they may not have to re-take those subjects. Please discuss the details of your prior training with the school director or the school administrator. Transcripts from the former school will need to be submitted. Students who have current CPR and First Aid certificates, must submit a copy of the certificates for those subjects to be valued.

如果学生2年前以内在其它院校修过有关按摩、针灸、科学、中医、解剖生理、急救等课程，或可不必重修相关科目。学生须提交成绩单并向学校主管申请。有急救证的学生须提交证书复印件。

Transcripts 成绩单

Transcripts are only issued upon the submission of a Transcript Request Form. A passport photo is required for each transcript requested. If requested by the student, there is a \$15 fee for SMSC to send the transcript to CAMTC. Students receive transcripts without charge as long as requests are made within the first year following graduation. Those students who request a transcript between one and five years after their originally scheduled graduation date, are required to pay a \$15 processing fee for their transcript and diploma.

要求成绩单，由学生提交成绩单申请表。要求成绩单需要一张护照相片。要求成绩单送到加州按摩委员会，费用15美元。学生毕业后的第一年内，学校免费提供成绩单。学生比原定计划晚毕业超过一至五年内，开成绩单须交处理费\$15。

Returning Students 已注册学生

If the student has completed the class hours but did not satisfy the requirements for graduation within five years, he or she will need to retake and pass the practical and written exams. The charge for completion will be the difference between the current course tuition and the course tuition originally paid. Students who want to attend the classes for review before retaking tests within one year after their originally scheduled graduation date will be charged 50% per class. The fee for re-issue of the diploma and/or transcript is \$25.

如果学生完成课时但未在在5年内按毕业要求毕业，需要重考并通过书面与操作的考试。考试后完成学业的学费是与注册时学费是有差异的。学生入学一年内重考前上课复习收费5折。补付文凭和/或成绩单是25美元。

In the event that a student is not able to attend the class for the practical exam as it is scheduled during the course, he or she will be subject to a charge of \$48 for arranging an appointment with instructors at a later date. Otherwise there is no additional fee for examination. 若学生不能按计划参加操作考试可与教师安排补考。收费为\$48.

No Discrimination 无歧视

SMSC has a clear policy forbidding discrimination against applicants and students. We respect all student rights, and everyone shares equal opportunity regardless of nationality, color, ethnic origin, age, sex, religion, disability, sexual orientation, or marital status.

加州按摩学院明令禁止歧视。我们尊重每位学生的权利并给予平等机会，不论国籍，肤色，种族，年龄，性别，宗教，残障，或性取向等。

Student Code of Conduct 学生行为准则

SMSC encourages the utmost professional and ethical academic conduct by each student. The school director will review any cases of academic dishonesty or behavior which disrupts the orderly activity of the school. Professional behavior toward clients and fellow students is important. Any sexual misconduct or breach of confidentiality between students and clients will not be tolerated and may be grounds for immediate dismissal.

学校鼓励学生以最高标准职业与学术道德严格要求自己。学校会严肃处理每一起作弊违纪行为。对同学与顾客的专业精神极为重要。学校不容忍任何非礼或侵犯隐私的行为。如有发生，也许立即开除。

Employment Opportunities 就业机会

According to the US Bureau of Labor Statistics, employment of massage therapists is expected to grow by 20 percent from 2010 to 2020. Although SMSC does not have a formal placement assistance program, opportunities for graduates are posted on a bulletin board, our website (jobopportunity.smsconline.com), and announced through the school newsletter.

根据美国劳动统计局的、就业的按摩治疗师预计将增长20%,从2010年到2020年。美国公众对按摩的认识与需求与日俱增。就业机会也随之增加。学校虽不设正式的职介部门，但学生可向学校有关部门询问就业信息(jobopportunity.smsconline.com) 。并在学校的新闻通讯处公告。

Nurses' Continuing Education Credit 护士继续教育学分

Our training is approved by the California State Board of Registered Nurses. SMSC's BRN provider number is #05018. The California Board of Registered Nursing requires 30 hours of continuing education credits every two years; time is calculated as a clock hour of 50 minutes class time and a 10-minute break.

我校培训获得加州注册护士委员会认可。认可号为#05018。加州注册护士委员会要求每二年30个继续教育学分。每学分为50分钟教学加10分钟休息。

Visually Impaired Students

Traditionally, Shiatsu was a profession practiced only by the blind. In order to honor this tradition and our dedication to serving the community, SMSC welcomes the participation of visually impaired students. We have had great success with small numbers of visually impaired students in our classes. We are a vendor for the California Department of Rehabilitation and collaborate with the Braille Institute. Our teachers have received training from the Braille Institute on working with the visually impaired. In certain cases, we provide students with alternate resources and volunteer assistants to help them in the classes.

视障学生

传统上，指压是由盲人专业操作。为了尊敬这个传统，我们竭诚为社会服务，SMSC欢迎视障学生参与。我们有很大的成功在我们班上已有少数的视障学生。我们是为加州康复部和与盲文研究所的供应商。我们的教师都得到盲文研究所培训也与视障者工作。在某些情况下，我们为学生提供替代资源和志愿者助理，在课堂上会帮助他们。

Foreign Students 留学生

SMSC is authorized under Federal Law to enroll non-immigrant alien students. This requires a minimum of (18) course hours per week. Candidates for this program must file with the United States Department of Immigration and Naturalization Service. Foreign students who enter the United States with M-1 status to attend the school may not earn wages while in the United States.

我校由在联邦法律授权下招收非移民留学生。留学生每周须修18学时以上课程，并向美国移民局报批，而其不得在美有工资收入。

Language of Instruction 教学语言

Currently, all courses and programs at SMSC are taught and conducted in English or Mandarin. Foreign students are required to speak, read, and write in Mandarin or English and TOEFL exam results may be required upon application to the school. Please contact the administration for more information.

目前所有课程是通过英语或汉语教学。外国学生须具备汉语或英语的听说读写能力，于申请时提交托福成绩给学校。有些课程在特定校址以汉语教学。有关信息请洽校方的行政处。

Student Tuition Recovery Fund 学生学费基金

The State of California requires that a student who pays his or her tuition is required to pay a state-imposed assessment for the Student Tuition Recovery Fund (STRF). The fee is included in the tuition charge. The state created the Fund to relieve or mitigate economic losses suffered by California residents who were students attending schools approved by or registered to offer Short-term Career Training with the Bureau for Private Postsecondary Education (BPPE).

You may be eligible for money from STRF if you are a California resident, pre paid your tuition, paid the STRF fee, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. The school's breach or anticipatory breach of the agreement for the course of instruction.
5. There was a decline in the quality of the course of instruction within 30 days before the school closed, or if the decline began earlier than 30 days prior to closure, a time period of decline determined by the Bureau.
6. The school committed fraud during the recruitment or enrollment or program participation of the student.

在加州的需要，学生谁付学费，得须要支付学生学费基金（STRF基金）。这费用已包含在学费。是加州政府为在BPPE管理下学校的加州学生,减少经济损失而设的。

如果你是加州居民，已付学费与STRF费，你可能有资格获得STRF提供的因以下原因而受经济损失的赔偿：

1. 学校在结课前关闭。
2. 学校无法向第三方退执照费，或无法提供关闭前180天内学生付款购买的器具用品。
3. 学校无法偿还联邦学生贷款。
4. 关闭学校违约。
5. 教学质量在关闭前30天内下降，或BPPE确认关闭前30天以上开始下降。
6. 学校在招生入学和课程参与方面造假。

You may also be eligible for STRF if you were a student that was unable to collect a court judgement rendered against the school for violation of the Private Postsecondary and Vocational Educational Reform Act of 1989.

您可能也是有STRF资格，如果你是一个学生，是无法得到法院的判决针对学校违反1989年的私立高等教育和职业教育改革法案所提供的。

To contact BPPE (Bureau for Private Postsecondary Education):

Physical Address 地址:
2535 Capitol Oaks Drive, Suite 400
Sacramento, California, 95833

Mailing address 寄信地址:
P. O. Box 980818
W. Sacramento, CA 95798-0818

Toll Free Number 免费电话:
1 (888) 370-7589

Telephone Number 电话:
(916) 431-6959

Fax Number 传真:
(916) 263-1897

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

关于从我校转学分

The transferability of credits you earn at Shiatsu Massage School of California is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the diploma you earn is also at the complete discretion of the institution to which you may seek to transfer. If the credits that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending the Shiatsu Massage School of California to determine if your credits will transfer.

在本校获得教育，学分，与证书是否可转完全取决于其它学校是否承认。学生应自己向计划转去的学校查明在本校的学分与证书是否可转。

Approval Disclosure Statement 声明

Instruction is in residence with facility occupancy level accommodating approximately 25 students at a time. The STATE OF CALIFORNIA statutes require that students who successfully complete a course of study be awarded an appropriate diploma or certificate verifying that fact. Prospective enrollees are required to visit the physical facilities of the school prior to enrolling or signing enrollment agreements.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

请在入学前阅览此章程目录与校况实录。

Complaints . 投诉

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888-370-7589) or by completing a complaint form, which can be obtained on the bureau's Internet Web site (www.bppe.ca.gov).

学生或公众可以向以下部门投诉，致电 (888-370-7589) 或填写投诉表格，可到BPPE局的互联网站([www 。 bppe.ca.gov](http://www.bppe.ca.gov)) 投诉。

Unresolved complaints may be directed to 学生和公众可以向以下部门投诉：
BPPE (Bureau for Private Postsecondary Education)

Physical Address:

2535 Capitol Oaks Drive, Suite 400
Sacramento California, 95833

Mailing address:

P. O. Box 980818
W. Sacramento, CA 95798-0818

Toll Free Number:

1 (888) 370-7589

Telephone Number:

(916) 431-6959

Fax Number:

(916) 263-1897

State of California Approval 加州批准

The Shiatsu Massage School of California (A Non-Profit Organization) was granted approval as an educational institution by the Bureau for Private Postsecondary Education under California State Education Code 94915. Under the law, our institution and its operation are required to comply with the rules and regulations established by this state agency. Approval must be secured every three (3) years and is subject to continuing review. Approved course time totals: 500 hours.

加州按摩学校是加州政府批准的教育机构并依法律规定运作。总批准学时：500学时。

Clock Hour Description 学时

One credit/clock hour is defined as 60 minutes of school instruction, which includes a 10-minute break. All of our classes are based upon a 60-minute clock hour.

一学时为60分钟教学，其中包括一个10分钟的休息时间。我们全部的课程是根据时钟一小时60分钟为准。

Holidays Honored 假期

New Years Day, Martin Luther King Day, Good Friday, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas.

新年，马丁·路德·金纪念日，耶稣受难日，复活节，阵亡将士纪念日，独立日，劳动节，感恩节，圣诞节。

Massage Licensure 按摩执照

In the state of California, licensing for Bodywork Therapists has traditionally been regulated by each city's Massage Therapist ordinance. In order to practice in a particular city, it is the student's responsibility to verify the correct number of hours necessary to apply for a permit to practice massage. For example, L.A. defines a Massage Therapist as someone having completed 300 hours of coursework. We recommend that prospective students check with their local authority in the area they wish to practice, regarding the city's/county's requirements. Now, students can receive a statewide certification valid for two years from California Massage Therapy Council (CAMTC). Students can get information at www.camtc.org or call 916-669-5336.

加州城市历来有各自的按摩执照与从业法规。学生有责任自己查明计划工作的城市有关发照的规定及所需学时。学生完成300小时课程，毕业后具备向加州按摩局申请执照的资格。学生须按规定向有关部门递交申请。学校将提供相关信息并尽力给予协助。

例如，洛杉矶定义了一个按摩师，有人已经完成了300小时的课程。我们建议未来的学生，检查其在该地区，他们希望练习的地方当局，有关城市/县的要求。

现在，学生可以收到来自加州的按摩疗法局（CAMTC）的州认证有效期为两年。学生可以在www.camtc.org得到信息，或致电916-669-5336。

Student Services 学生服务

The Shiatsu Massage School offers reduced rates for acupuncture treatments and massage sessions.

学校提供低价的整脊，针灸，与按摩服务。

Intern Clinic Program 临床实习课程

The intern clinic program enables students to try out commercial practice in a protected environment. Intern clinic supervisors are available to assist students in figuring out how to pragmatically apply what they have been taught during lecture and practice classes without the additional pressure of having to immediately earn a living by practicing massage.

实习课为学生提供一个实践商业运营的安全环境。指导教师会帮助学生将所学用于实践。

Additionally, clinic supervisors instruct students how to minimize the risk of injuring clients by using appropriate pressure and/or proper techniques. They also help students develop the necessary professional demeanor, ethical sensitivity and compassionate wisdom to prudently:

1. Apply the seemingly conflicting healthcare theories, principles and practices of Traditional Chinese and Holistic Western medicine.
2. Earn the trust of many different types of people who have paid for manual therapy and who occasionally also request healthcare advice.
3. Decide when to provide comfort (“feel good”) massage and when to provide therapeutic and occasionally uncomfortable manual therapy.
4. Assist clients to feel better and become healthier despite continuing to indulge in behavior patterns known to cause chronic injury.
5. Assist clients (only if asked) to objectively identify and actively resolve the probable holistic root cause for their complaint.
6. Minimize the risk of suffering emotional, physical and/or financial repetitive stress injuries that commonly afflict full-time therapists.

实习课教师将指导学生用适当的力过度或技术，如何减少受伤客人的风险。学生还将练习精心专业地进行以下工作：

1. 将看似矛盾的中西医理论原则用于实践。
2. 赢得顾客信任。
3. 学会何时运用舒适按摩，何时运用不甚舒适的治疗性按摩。
4. 协助顾客在不改变有碍健康生活习惯的情况下改善身体状况。
5. 如果顾客问及，协助他们客观评估引发不适的根源并主动地将其改善。
6. 尽可能减小全职按摩师常见的身心与财务问题。

The intern clinic program provides students with practical experience regarding how to orchestrate shiatsu anma sessions so as to help clients experience and then maintain a more harmonious balance between their body, mind, spirit and environment.

临床实习课程为学生提供一个机会来练习协调一套按摩程序以带给客人身心，精神与环境的和谐。

Graduation, Diploma and Transcript Requirements 毕业、证书与成绩单

Certification Course—Shiatsu-Anma Technician

- Satisfactory attendance (104 hours) and a passing grade for each subject taken.
- Payment of tuition in full.

Diploma A—Shiatsu-Anma Practitioner

- Satisfactory attendance (150 hours) and a passing grade for each subject taken.
- One passport size photo.
- Payment of tuition in full.

课程A—指压按摩师

完成150学时

各门考试及格

付清费用

交3张护照照片

Diploma B—Shiatsu-Anma Therapist

- Completion of Program A
- Satisfactory attendance (150 hours) and a passing grade for each subject taken.
- Payment of tuition in full.

课程B—指压按摩师

完成课程A

完成150学时

各门考试及格

付清费用

Diploma C—Shiatsu-Anma Specialist

- Completion of Programs A and B
- Satisfactory attendance (200 hours) and a passing grade for each subject taken.
- Payment of tuition in full.

课程C—专业指压按摩师

完成课程A与B

完成200学时

各门考试及格

付清费用

Specific graduation dates are subject to students' availability to complete intern clinic and the availability of intern clinic shifts.

具体毕业时间取决于学生完成校方安排的实习诊所的时间。

Submit a diploma and transcript request form to the school and allow up to two weeks for processing. There may be an application fee applied for transcripts requests.

索取成绩单与证书须提前两周填写有关表格和交费。

General Regulations 总则

Students of SMSC are held responsible for compliance with the policies and regulations of the school as announced in this catalog or in other subsequent official statements. Students should become familiar with these regulations.

SMSC reserves the right to withdraw courses at any time, change the fees, rules or schedule, admission and registration, alter the curriculum and requirements, and to make such changes applicable henceforth to students already registered as well as to new students. Such changes will be posted and available to students according to the rules and regulation set forth by the Bureau for Private Postsecondary Education.

加州按摩学院的学生有责任认真了解并遵守学校的规章制度。学校有权随时对课程、费用、条例、日程、录取注册及各项要求等做适当改动并适用于已注册学生与新学生。此类改动依BPPE规定通知学生。

A sensitive person gains wisdom by understanding how the invisible [Chi] affects the visible [body]

— I Ching

智者识阴阳

Staff and Faculty 职员和教师

Grand Master and Dr. DoAnn T. Kaneko

SMSC was founded by DoAnn T. Kaneko, Licensed Acupuncturist (L.Ac.), Doctor of Oriental Medicine (O.M.D), and Ph. D. in Oriental Medicine.

Dr. Kaneko was born and raised in Japan. A graduate of Saint Paul Rikkyo University (1970), Toyo Acupuncture College (1979), and SAMRA University & Health Sciences (1985), he is a second generation practitioner of his family's traditional healing art practice: Anma Massage (Meridian Anma) and acupuncture.

His education, employment, qualifications, publications and recognitions are extensive in the fields of Acupressure, Shiatsu-Anma, Doin, acupuncture, moxibustion, Oriental exercises and Chinese herbs.

He has practiced and taught the healing arts since 1970, both in Japan and in the USA at the Yoga Ananda Ashram and Shiatsu Dojo in NYC, Santa Barbara College of Acupuncture, Inoue Acupuncture Clinic and Ido Clinic in Tokyo, California Acupuncture College, and Tao Healing Arts Center in Santa Monica, CA.

Kaneko-Sensei developed, introduced, and established Short Form, a contemporary Shiatsu treatment based on Dr. Serizawa's definition of Shiatsu and Long Form, an advanced three-posture technique. This is the style taught at our school, presented in his three videos and in his textbook.

道庵·金子大师也是道庵·金子博士

加州按摩学院是由道庵先生创立的、是认证的针灸师、东方医学的博士、在东方医学校拿到博士学位。

金子博士出生并成长于日本。毕业于圣保罗瑞求大学(1970年)、东洋针灸学院、(1979年)、萨姆拉保健科学大学(1985年)、他是传统医疗艺术实践世家的第二代的实践家：自然疗法医学的按摩 (经络自然疗法医学) 和针灸。

他的教育、就业、资格、出版物以及在针灸疗法、日式指压按摩疗法,导引疗法、艾灸疗法、东方的健身运动和中药的个不同的领域上被广泛的认可。

自1970年以来、他在日本和美国两地、实践及教导医疗艺术。在纽约市的瑜伽完美的修道院,和日式指压按摩的道场、在东京的圣塔芭拉针灸大学、井上针灸诊所和医道诊所、在加州圣塔摩尼卡的加州针灸学院和道医疗艺术中心。

金子先生的发展、介绍和建立了短式按摩、是一个现代日式指压按摩治疗、是以芹沢博士的日式指压按摩和是进级的(有三种姿势技巧)长式按摩的定义为基础。在他的三个视频光盘和他的课本上、介绍了我们学校所教的类型。

Dr. Vincent Medici – D.C., (Ph.D. Cand.) Biochemistry, C.M.T., SMSC Board of Directors

Dr. Medici graduated valedictorian from Cleveland Chiropractic College in 1994. Upon graduation, he returned to New York City to pursue a degree in allopathic medicine. Changing course, he attended the Tri-State Institute of Traditional Chinese Acupuncture and completed one year of study. Recently, he completed his Doctor of Naturopathy at the Clayton School of Natural Healing. Soon to be C.C.N. certified in nutrition, Dr. Medici is currently attending California State Long Beach University in pursuit of a doctorate in biochemistry.

For the last ten years, Dr. Medici has pioneered structural medicine, becoming deeply involved with structural deep tissue, primal scream therapy, psychotherapy, and yoga—all in the interest of tapping the emotional core of the patient and thereby harmonizing the magnetic fields of the body. Currently, Dr. Medici operates two nutrition practices in the Los Angeles area. He is on the SMSC Board of Directors and is well respected for his compelling lectures on Anatomy & Physiology and Pain & Orthopedic Evaluation.

文森文森特·美第奇- 生物化学博士、C.M.T.、加州按摩学院的董事会的董事。

美第奇博士、在1994年毕业于克利夫兰脊骨神经科医学院、也是毕业生代表告别演说者。毕业后、他回到了纽约、继续追求药品学的学位。他又改变了课程、参加了三州学院的中国传统针灸的课程、完成了一年的学习。最近他在克莱顿自然疗法学校完成了物理疗法的博士。很快将成为认证营养师。美第奇博士目前攻读加州长滩大学的生物化学博士学位。

在过去的十年中、美第奇博士率先建立了结构医学、深入参与深部组织的结构疗法、原始的尖叫疗法、心理治疗和瑜伽疗法。所有的都兴趣于挖掘病人的情感核心、从而协调身体的磁场。目前美第奇博士在洛杉矶地区实行两个营养实践。他是从事于该加州按摩学院的董事会和在他的解剖学生理学、疼痛和骨科评估学的精彩及引人注目的讲座上,都备受尊重。

Ingrid Marsten – B.A., C.M.T.

Ingrid Marsten began her studies in therapeutic massage and therapy techniques in Germany. Upon completing her training, she moved to the United States and continued studying massage therapy and Traditional Oriental Medicine. In 1992, she received the Advanced Certificate from the Shiatsu Massage School of California. Thereafter, she became the apprentice to Dr. Frank Y Ota, O.M.D., learning additional Acupressure and Shiatsu techniques, while advancing her knowledge in Traditional Oriental Medicine.

Since 1992, she has been teaching Traditional Oriental Medicine, and a wide range of massage techniques, including Shiatsu-Anma Therapy, Sports massage, Pregnancy massage, Deep Tissue massage, and Acupressure for such respected institutions as U.C.L.A., in their Continuing Medical Education Program for Medical Doctors, Emperor's College of Traditional

Oriental Medicine, and the Shiatsu Massage School of California, where she is also on the Board of Directors. In addition to teaching, she also works with Dr. Adam Yoser, Medical Director for the Budweiser Pro Surf Tours and National In-Line Skating Competitions, where she provides therapeutic support for the athletes during the events. She also runs a successful corporate and private massage therapy practice in the Los Angeles area.

英格蕊·玛诗登 - 学士学位,C.M.T.。

英格蕊·玛诗登,开始在德国学习、治疗推拿按摩和治疗技术。在完成她的学习后、她搬到美国继续学习按摩疗法和传统的东方药学。在1992年,她在加州指压按摩学校、拿到了进阶的按摩证书。后来她成为了弗兰克阳太博士的学生、学习推拿按摩和附加的日式指压按摩治疗技术、同时她也提高升了传统中药知识。

自1992年以来、她一直工作于像南加大一样、受人尊敬机构、教学传统的东方医药、和一个广泛的按摩技术、包括指压按摩疗法、运动按摩。怀孕按摩、深层按摩和指压按摩。

她继续她的医学教育的计划、学习医学博士、皇家学院、学习传统的东方医学和加州指压按摩学、她在加州指压按摩学校也是董事会的董事。另外在教学上、她为亚当·亚寨工作、是百威的国家职业冲浪环的医疗主任、在滑冰比赛其间、她提供支持运动员的治疗。在洛杉矶地区她也是一个成功的企业家和独自经营的个人按摩治疗师。

Camille Harris – L. Ac., Ph.D., O.M.D.

Camille is a licensed acupuncturist and herbalist in the state of California. She has been in the healing arts for 15 years as a massage therapist and a practitioner of Traditional Chinese Medicine for over 8 years and believes in the classic approach to wellness. She maintains a private practice in Venice.

As a faculty member of both Emperors College of Traditional Oriental Medicine and the Shiatsu School of Santa Monica, her focus is to empower and educate the student in the ancient theory of Traditional Chinese Medicine. She teaches these powerful tools to assist the healer in treating their patients but more importantly to advocate for self care.

To nurture her passion for nature, Camille sits on the advisory committee of the Learning Garden in Venice, where she grows medicinal herbs.

She is also the co-founder and Chair of One World Health Project (www.owhp.org), a non-profit organization committed to reaching out locally to schools and the community through lectures and workshops on the benefits of TCM as a proven preventative care paradigm.

卡米尔·哈里斯

卡米尔·哈里斯在加州是有执照的针灸师和草药医师。她一直在从事15年的于医疗的艺术、作为一个按摩治疗师和的中药从业者、有8年以上的经验、她相信接近健康是至高无上的。在威尼斯她经营一个私人的事业。

在传统的东方医学皇家学院和圣塔莫尼卡的日式指压按摩学校当教职员、她的重心是赋予她的能力来教育学生、传统古代中医的理论。她教这些强有力的工具来帮助医生治疗病人、但更重要的是提倡自我保健。

她对大自然培育是有激情的、卡米尔在威尼斯是园艺学的顾问委员,她也种植药材。她同时也是世界卫生工程的合伙创办人兼主席(www.owhp.org)、是一个非利润的组织,致力于本地的学校和社区、通过讲座及研讨会来证明中医工作的益处是有效预防保健工作的范例。

Brian Campbell

Brian is a skilled bodyworker specializing in opening blockages and healing pain. He has worked intensively since 2001 with bodywork master Dr. Vincent Medici learning how to open breath, reset structure, tap and release core tension, and open meridian systems. His work spans between the spectrum of Structural Deep-Tissue bodywork and Cranio-Sacral Work. Brian is on faculty at the Shiatsu Massage School of California teaching Anatomy & Physiology and Pain & Orthopedic Evaluation.

布莱恩·坎贝尔

布莱恩是一个熟练的身体按摩治疗师、专攻打通身体的阻塞和疼痛治疗。他一直热心于工作、自2001年以来、他向身体按摩治疗大师文森特·美第奇博士、学习如何打开呼吸,调整结构、轻敲和释放身体核心的紧张、打通经络系统。他的作品跨越了、结构上的深层组织按摩的频谱和颅骶的治疗。布莱恩是加州按摩学校的教职员、在教授解剖学、生理学骨科疼痛评估。

Enrica Towler

Reeca has been trained in Shiatsu Anma, Swedish, Deep Tissue and Visionary CranioSacral therapy. Clients booking with her can request one particular style, or any combination of the above. Reeca masterfully blends together shiatsu, deep tissue and Visionary CranioSacral work for her signature "tough zen" massage.

Reeca is a very sensitive and intuitive healer. She feels a deep soul connection to Visionary CranioSacral work, which she practices and continues to train with at the Milne Institute. She is also a graduate of the Shiatsu Massage School of California and is currently teaching Shiatsu in our Diploma A (beginner level) program.

恩瑞卡·桃乐尔

在过去的四年、恩瑞卡培训于日式指压按摩、瑞典按摩、深部组织按摩及、富有想像能力的颅骶的治疗。客户都预定她,要求一个独特的艺术风格按摩,或以上叙述的任何组合的按

摩。恩瑞卡把日式指压按摩、瑞典按摩、深部组织按摩和富有想像能力的颅骶的治疗,巧妙地融合在一起,署名为"艰难的禅宗"按摩。

Alda Glover

After one year of studying Acupuncture at Samra University, Alda enrolled at SMSC where she experienced Qi as a physical awareness rather than just a concept. Because of her experience at SMSC, Alda focused on completing all levels of study available at SMSC so that she could share this experience with others. Alda graduated in 1999, and is now a Certified Instructor at the Shiatsu Massage School of California teaching Shiatsu-Anma.

艾达·格萝佛

在萨姆拉大学学习一年的针灸、进入加州指压按摩学校、她体验了气是不仅仅是一个概念而是身体的感觉意识。因为她有经验,所以在加州指压按摩学校、艾达,集中完成所有所有级层的学习、好让她可以与他人分享这方面的经验。艾达于1999年毕业。现在是一个认证学校的教师、在加州指压按摩学校作指压按摩的教学。

Yuan Hong

Yuan Hong received his Master's degree from Samra University in Los Angeles and became a Licensed Acupuncturist. He has been an Acupuncturist, Massage Therapist, and Massage Instructor. He has been treating various illnesses and teaching continues education courses for acupuncturists and massage therapists for more than 5 years.

洪元

洪元于洛杉矶的萨姆拉大学获得针灸和中医药硕士学位文凭。他是认证的针灸师。他是针灸师、按摩师和按摩教师。他已经治疗过各式各样的疾病,和从事教学于按摩课程,继续学分课程及中医治疗、按摩治疗、超过5年了。

Pu Wang

Pu Wang graduated from Zhejiang TCM College and received her Master's Degree from Zhejiang University in Acupuncture. She received the License of Acupuncture in America and has been an Acupuncturist, Doctor of TCM, and Massage Instructor for 10 years.

王普丽

王普丽毕业于浙江中医药大学及在浙江大学获得硕士学位。她在美国是获得中医执照、她也是认证的针灸师。她是针灸师、中医师、按摩教师几乎10年了。

Anita Chang

Anita Chang Graduated from Acupuncture & Massage Institute in Los Angeles and received a certification of massage therapist of Massage Advance I & II and Acupoint Massage courses. She is a massage instructor and has been teaching massage courses at the Acupuncture & Massage Institute in Arcadia City for 5 years.

爱妮塔张

爱妮塔张在洛杉矶毕业于全美针灸和按摩学院、得到的按摩师证书，是学习按摩治疗和穴位按摩的课程。她是一个按摩教练和她一直在阿凯迪亚城市的针灸和按摩学校，教按摩课程已5年。

Christian Pezza - Executive Director

克瑞群·培吒 - 执行董事长

Christian Pezza is the Executive Director and a board member of the Shiatsu Massage School of California (SMSC). He teaches ethical, legal and business studies at the school.

He serves as a board member of the California Massage Therapists Council (CAMTC), and holds a CAMTC license. He is currently working on various projects to develop awareness of massage for the general public, and has established links to various groups, including blind students, many of whom have since graduated from SMSC.

His goal is to educate practitioners to go out and become success stories in the field.

Attend our Free Orientation

Usually held the first Sunday of every month 10 a.m. to 12 p.m.

(Except holidays)

Call for schedule, directions & parking

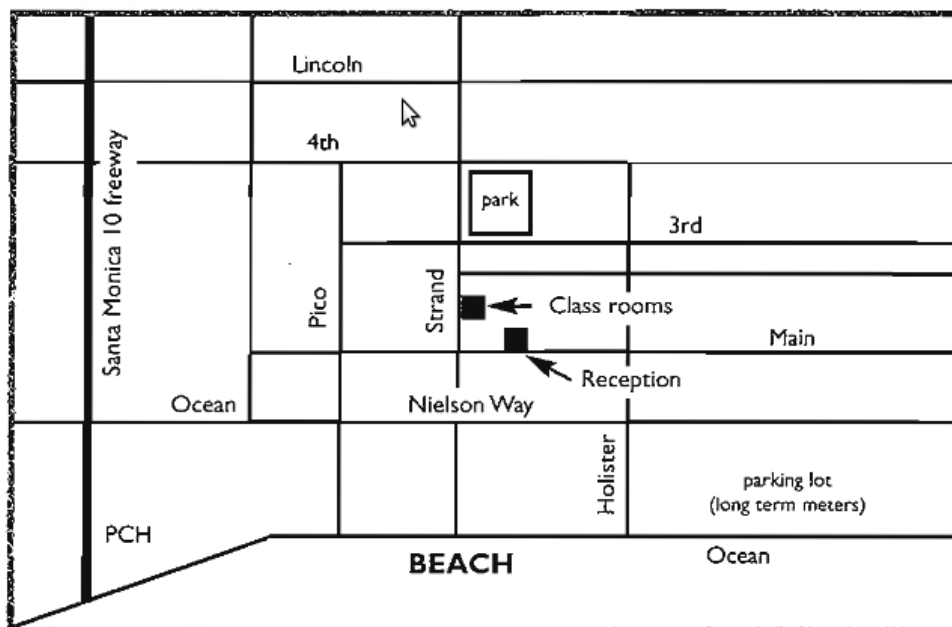
麦克·达佛罗士

参加我们的免费情况介绍

在每月的第一个星期日早上10点到12点举办。

(节假日除外)

请联络我们的时间表,学校方位和停车场位置



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